

Japanese Patent Application Laid-Open No. **HEI 10-26165** discloses a hydraulic shock absorber in which

at the time of compression side work when a piston is lowered in a cylinder, working oil from a lower oil chamber flows in an upper oil chamber through the compression side damping valve arranged on the piston, and working oil in quantity equivalent to intrusion rod volume from the upper oil chamber flows out to a reserver chamber through a damping valve. Damping force at this time is provided as working oil passes the compression side damping valve and the damping valve. Consequently, working oil passes only the damping valve at the time of extension side work, but working oil also passes the compression side damping valve. Accordingly, even if the damping valve is set as a unidirectional flow type to flow working oil at the time of extension side work and at the time of compression side work, it is possible to set each of damping force of the extension side and the compression side different in size.